

**JYOTI NIVAS COLLEGE AUTONOMOUS
SYLLABUS FOR 2019 BATCH AND THEREAFTER**

Programme: INT BSc. MSc

Semester: II

INDIGENOUS AND TRANSPERSONAL PSYCHOLOGY

Course Code: 18II IS203

No. of Hours: 60

COURSE OBJECTIVES:

- To introduce the concepts of Indian psychological origin and practices.
- To familiarize various Indian schools of thoughts.
- To understand consciousness and its functioning through Indian perspective.
- Understand the Indian system of mental health in terms of theory and practices.
- To incline thought towards transpersonal psychology and western thoughts.
- Initiate an indigenous approach towards intervention methods and healing techniques.

LEARNING OUTCOMES:

- Understanding of the Indian practises and philosophies.
- Application of the Indian system of assessment and therapies.
- Can be a Holistic practitioner.

UNIT 1-

CHAPTER 1- INTRODUCTION TO INDIAN PSYCHOLOGY 10 HRS

Meaning, nature/characteristics of Indian perspectives; Indian thoughts and tradition – Psycho-historical perspectives, Origin of psychological thought in ancient India; Concept: indigenous, Indian, transpersonal psychology, Eminent Indian psychologists, Current status and Scope of Indian psychology **Self-study:** Emergence of indigenous and non-western perspective of psychology.

UNIT II-

CHAPTER 2- MAJOR SCHOOLS OF INDIAN PSYCHOLOGY 12 HRS

Basic methods of knowing/ study; Schools –Vedanta, Upanishad, Samkhya, Jainism, Buddhism, Nyaya, Charvaka, Dvaita, Advaita And Vishisthadvaita ,Vasishnavism, Bhakthi, Sufism.(theory and practices)**Self-study:** World view of Indian schools of thoughts.

UNIT III-

CHAPTER 3 - ALTERED STATES OF CONSCIOUSNESS AND SPIRITUAL TRADITIONS 11 HRS

Science and Altered States; States of Consciousness; Kuhnian Paradigm and Nature of Knowledge; Scientific Methods of Study; State Specific Sciences and Religions; Major Challenges and perspectives to Future action in Indian Psychology.

Self-Study: Western Perspectives of State of Consciousness.

UNIT IV

CHAPTER 4-TRANSPERSONAL PSYCHOLOGY (Western Perspective) 12 HRS

Meaning; Origin of transpersonal psychology; The consciousness, Information theory and transpersonal psychiatry; transpersonal phenomenon and consciousness- Contributions of William James, Freud, Carl Jung, Abraham Maslow to transpersonal psychology.

Self-study: towards an Indian organizational psychology (dynamic of action (Bhakthi): feeling and doing, work and organization).

UNIT V

CHAPTER 5--EASTERN PERSPECTIVE AND MENTAL HEALTH

15 HRS

Concept of Health and Wellbeing in India; Goals of Life- Concepts of Purusharthas, Personality Development (Concept of Ashrams), Bhagavat Gita and Mental Health, Concepts of Health and Illness in Ayurveda, Yoga, Siddha, Unani, Homeopathy, Naturopathy, Reiki, Acupressure, Meditation, Upasana, ZIN and Yin, mindfulness (Theory and Application).

Self-study: Recent researches in the field of Indian psychology with regard to health and wellbeing.

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